

# 九轉真丹功

# JIU ZUAN ZHEN DAN

(Nine Turns Lying Qigong)  
Inspired by Lao Tzu

**T**his meditative non-moving qigong involves the circulation of qi throughout the body to strengthen both the body and mind. Because this requires no physical effort, this can be practiced by those who are physically impaired.

The significance of the tongue's  
circling inside the mouth

*Your tongue is the body of the heart  
If the tongue moves, the mind follows  
Qi moves in a circle along with the  
movement of the tongue  
Directing movement of blood and qi  
Balancing the jinglou and the blood*

*The movement of the tongue is akin  
to the movement of the heart*

*If the heart moves, the mind moves  
If the mind moves, you become fire –  
fire born from the mind*

*This fire enflames the whole body,  
all impurities are removed*

*Everything becomes light and pure.*

*Yang goes up*

*Allow the qi in the meridians and blood  
to circulate and balance*

*Pour qi into your body, your qi is your body*

*Mind controls the mind*

*Your spirit is your body.*

The significance of qi circling  
around the navel

*The navel is the boundary  
Down is yang, up is yin  
Yin and yang unite  
The body naturally assimilates  
the circulating nutrients*

The significance of the qi  
circulating around the body

*The universe is in a state of constant  
transformation*

*always changing, never ending*

*No time, no limits*

*Your body is a place*

*In this place you can experience being  
a buddha*

*Empty...Empty...Nothing.*

*This never ends*

*So qi moves freely*

*Qi and blood can circulate with ease*

*This is how the universe, the stars, move*

*In the beginning, everything is hazy  
Then heaven arises and earth descends  
There is yin and yang  
The work of harmony begins.*

*This is a high truth  
No need to analyze  
Beginning is hazy  
Then eight (all) directions come to be.*

*Bring your heart and mind to a point  
of stillness*

*Do everything with sincerity  
Quiet your heart, cultivate yourself  
Become a buddha.*

*With a heart and mind that is focused  
Everything becomes true  
With a willful, worried, and restless heart  
All can be lost -- everything becomes dust.*

*Everything is clear, clear is hazy  
Buddha's way is difficult to understand  
Everything is natural  
Everything is true essence.*

# 9 Turns – Lying Qigong

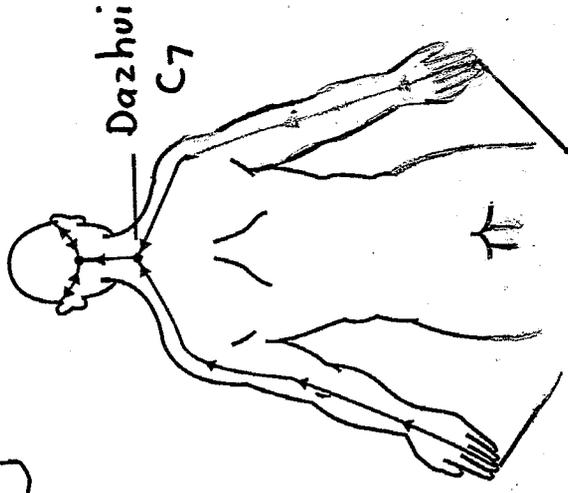
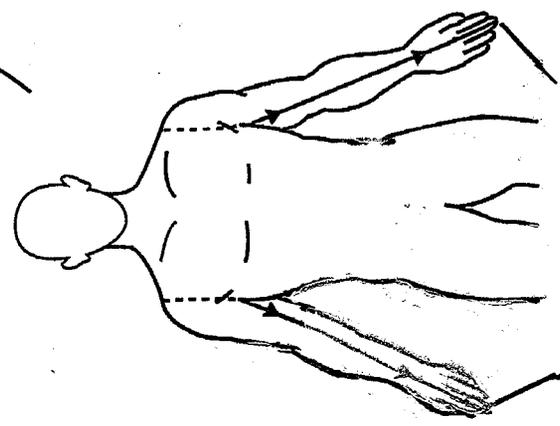
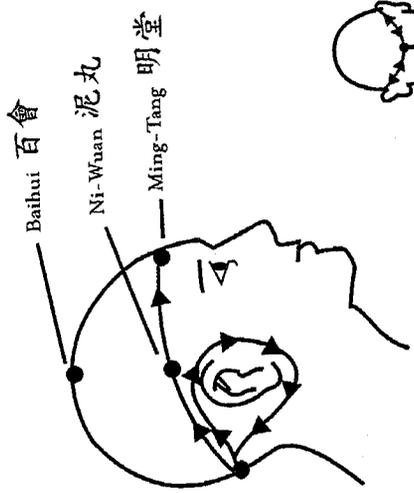
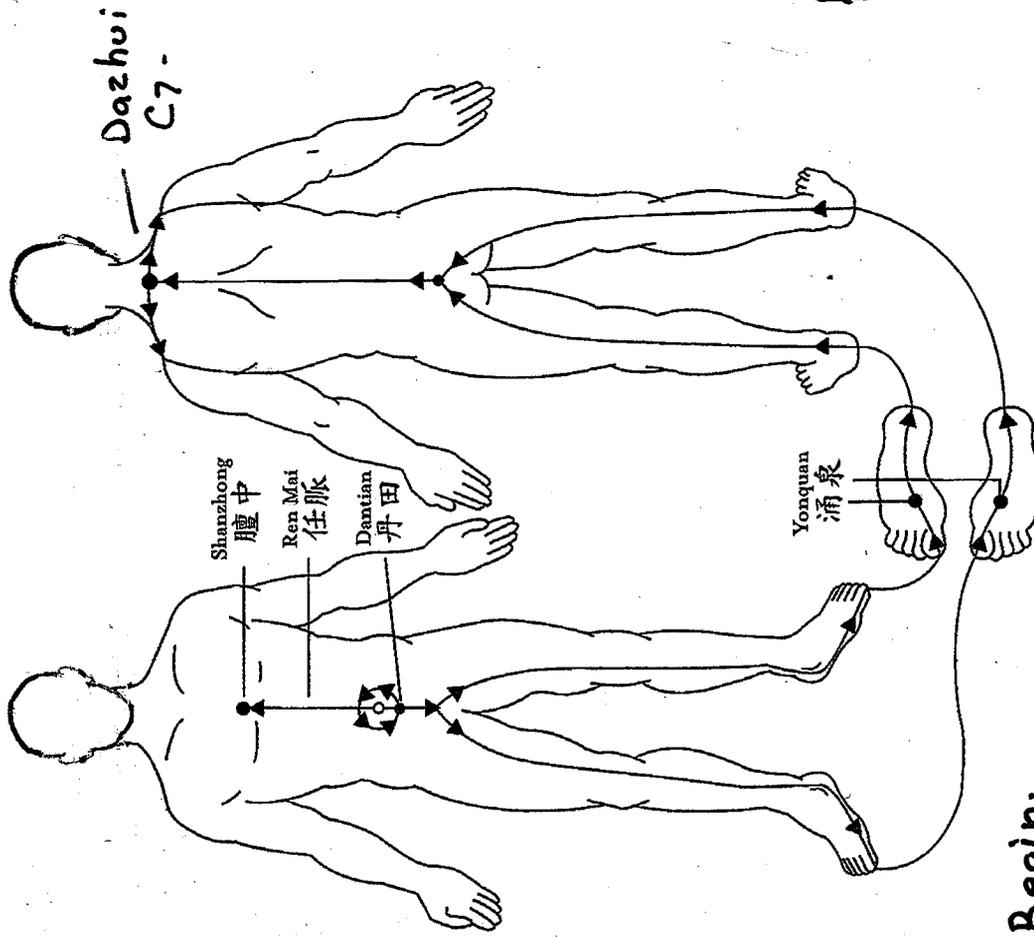
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(Jiu Zuan Zhen Dan)

Begin: Laying flat on your back, arms comfortably by sides palms face up... Relax: take a few breaths to get centered and connected (Earth, Heaven, Life: mind, body, breath and spirit).

1. 9 Circles in Mouth and on belly
  - With mouth gently closed, lightly touch the inside of your mouth with you tongue in circles, beginning on the floor of mouth up left side, to the roof, then down the right side and back to the floor.
  - At the same time as the tongue makes the circles imagine and guide the Qi starting from the dantien (about 2” below the navel) circle to the left, up around the left side of navel above the navel and down the right side.
  - Note: when the tongue is on the floor of the mouth, the qi should be down at the dantien (below the navel).
2. Guide the Qi up to the Heart point (shanzhong) and back to the dantien.
3. From the dantien split the Qi in two, to move down along the inner legs (thighs, knees, calves, passing under the anklebones to the outside corner of the big toes.
4. Around the big toes to the centerline of the soles of the foot (yongquan) to the heels, up the back of the legs to merge at the tip of the tailbone.
5. Guide the Qi up along the spinal column to the base of the neck (C7 – dazhui).
6. Split the Qi in two to move through the shoulders to the armpits, down the inner arms to the wrists, across the palms, to the tip of the 3<sup>rd</sup> fingers (zhongchong).
7. Move the Qi over the 3<sup>rd</sup> fingers, across the back of the hands, back up the outer arms to merge again at the base of the neck.
8. Go up to the hollow at the base of the skull, split the Qi again to go around the ears (top, front, under) and back to the hollow.
9. Through the head to the middle of the head (pineal gland - ni-wan) Between the eyebrows (ming-tang)
  - Pause... swallow and imagine the Qi moving back down to the dantien.

This completes the cycle, repeat as many times as you want.



3rd Finger  
Zhongchong  
(back)

3rd Finger  
Zhongchong  
(front)

Begin:  
 Together 9 turns around Dantian  
 9 turns in mouth w/tongue  
 . up left side  
 . down right side